

# The Training Exchange programme at a glance

## Courses in Bristol and Online 2024-25

Enjoy the benefits of learning in multi-agency groups with people from a range of backgrounds in public, private and voluntary sectors, including health & social work criminal justice, housing & homelessness, education, workplace wellbeing, youth & community.



### Courses Online (delivered over zoom)

<b>Nov 2024</b>	05 (am) 06	Callers in crisis ( <i>half day online</i> ) Supporting recovery: Preventing relapse ( <i>one day</i> )
<b>Jan 2025</b>	29	Brief solution focused therapy ( <i>one day online</i> )
<b>Feb</b>	05 & 12 25 26 (am)	Motivational interviewing ( <i>two days online</i> ) Practical management of PTSD ( <i>one day online</i> ) Building vicarious resilience ( <i>half day online</i> )
<b>March</b>	04 (am) 18 27	Adult safeguarding ( <i>half day online</i> ) Working with 'stuckness' in clients ( <i>one day online</i> ) Wellbeing coaching skills ( <i>one day online</i> )
<b>May</b>	1 13	Domestic abuse: Good practice responses ( <i>one day</i> ) Addiction, dependency and recovery ( <i>one day online</i> )
<b>June</b>	11	Dual diagnosis ( <i>one day online</i> )
<b>Autumn dates TBC</b>		Self harm ( <i>half day online</i> ) Suicide intervention ( <i>half day online</i> ) Resilience skills ( <i>one day online</i> ) Professional boundaries ( <i>half day online</i> )

**Seven ways to build resilience** practical strategies in an online video resource. Available anytime for individuals and teams from £15 - £30 +VAT per place

### Venues and Costs

Courses take place either online or at accessible venues in Bristol. Courses start at 9.30am and end by 4.30pm (1.00pm for half days).

**Half day courses £100 (+VAT) One day courses £150 (+VAT)**

**Short day courses from £120 (+VAT) \* Mental Health First Aid Refresher £150 (+VAT)**

**Two day courses from £250 (+VAT) \*\* Mental Health First Aid, Management & leadership and ASIST courses £280 (+VAT)**

### Courses in Bristol (in-person)

<b>Nov 2024</b>	07 (am) 13 & 14 19 20 & 21 27 & 28	Emotional regulation and the nervous system ( <i>half day in-person</i> ) Adult Mental Health First Aid Sustaining empathy: Preventing burnout Management & leadership Groupwork skills
<b>Feb 2025</b>	06 13	De-escalation skills & challenging behaviour Facilitating reflective practice ( <i>short day</i> )
<b>March</b>	05 & 06 19	Supervision skills Drugs including alcohol: <i>Awareness &amp; brief interventions</i>
<b>April</b>	02 & 03 24 29 & 30	Adult Mental Health First Aid Understanding personality disorder in practice Facilitating group supervision
<b>May</b>	14 & 15	Training for trainers
<b>June</b>	05 12 18 & 19	Speaking with confidence CBT tools for stress & anxiety Management & leadership
<b>July</b>	02 & 03 09 & 10 TBC	ASIST (Applied Suicide Intervention Skills) Youth Mental Health First Aid Mental Health First Aid Refresher ( <i>short day</i> )

### How to book courses

Book online at [www.trainingexchange.org.uk](http://www.trainingexchange.org.uk) or request a booking form by email [info@trainingexchange.org.uk](mailto:info@trainingexchange.org.uk) or phone **0117 941 5859**

**Courses run with a maximum of 12-30 people**  
*Two concessionary places are available on each course.*

**All these courses and more are available in-house for teams**  
*Contact us for more information and detailed course outlines*